

DT. SANGEETA TIWARI

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POST COVID-19 RECOVERY DIET PLAN

IMPROVES IMMUNITY AND BETTER RECOVERY

MEAL TYPE	MENU
EARLY MORNING	1 cup kadha (to boost immunity) Recipe:(2 cups water +1 small elaichi + ¼ stick dalchini + 4 cloves + 7-8 black pepper + pinch of turmeric powder – boil it till it becomes half and add gud/lemon/salt as per your taste preference) Lemon water/ warm water with lemon Milk + 5-7 soaked almonds
BREAKFAST	Ragi dosa + green chutney /Moong dal sprouts boiled + chaas / idly sambar / vegetable poha / raagi dosa with chutney / brown bread omelette sandwich (try not to skip this meal, because it improves your energy levels throughout the day)
MID MEAL	Salt lassi/ musambi amla mix juice/ mix fruit bowl e.g., apple/kiwi/cherry/ banana/watermelon (provide natural vitamin c and zinc)
LUNCH	Boiled rice- 1 medium katori + raw mango dal + any green sabji or saag + salad Mix grains roti -2/3 + any seasonal sabji (capsicum, carrot, bhindi, cauliflower) + cucumber raita + beet-root onion corn salad (this combination will help to get some fibre which further normalize the bowel movement)
EVENING MEAL	Figs and dates with lemon tea Lentil soup / mix vegetable soup Turmeric tea/ kadha + nuts and makhane Sweet potatoes chaat (to boost immunity)
DINNER	1 bowl Dal jowar khichdi /besan roti+ 1 bowl palak dal + cauliflower sabji + egg omelette / 1 bowl vegetable quinoa / moong dal besan chilla / 2 roti + seasonal sabji (ghia, pumpkin, matar gajar, beans) (try to keep lite dinner which help in better digestion and good sleep)
BEFORE BED	½ cup turmeric milk (has antibacterial, antiviral properties help in better recovery)

Notes

- Try to walk at least for 15 -20 minutes at home only
- Try to consume vitamin c rich foods preferably after breakfast
- Consume much fiber – include chia seeds in lukewarm water if possible
- Try to add ginger & garlic
- Do detoxify yourself – cucumber+ mint + ginger + lemon+ water (can be consumed 2-3 times a day)

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